

Physical Education K–12

Section 63

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1 Knowledge of the history and philosophy of physical education as a profession

1. Identify historical events and trends that have influenced the profession.
2. Relate goals and values for physical education to the philosophies of education that they reflect.

2 Knowledge of curricular theory and development

1. Identify the characteristics of various curriculum models.
2. Identify various factors to consider in curriculum planning, such as students' time, environment, equipment, facilities, space, and community resources.
3. Identify ways that national and state documents, standards, benchmarks, trends, and philosophies can be used to design and develop curricula.
4. Identify principles of long- and short-term planning to maximize learner participation and success.
5. Identify common concepts and content within physical education and other curriculum areas that promote interdisciplinary learning.

3 Knowledge of instructional strategies

1. Identify strategies and adaptations that meet the needs of a diverse student population.
2. Identify various organizational strategies that promote maximum participation.
3. Identify teaching styles, communication delivery systems, and materials that facilitate learning.
4. Identify and apply motivational theories and techniques that enhance student learning.
5. Apply developmentally appropriate instructional strategies, techniques, and teaching methods that promote student learning.
6. Identify a variety of self-assessment and problem-solving strategies inherent in reflective teaching.
7. Identify the role of feedback in facilitating learning.

4 Knowledge of human growth, motor development, and motor learning related to physical activity

1. Determine the relationship between human growth and development and appropriate physical activity.
2. Apply learning and human development theories to construct a positive learning environment that supports psychomotor, cognitive, and affective development.
3. Apply motor development and motor learning principles to the acquisition of motor skills.

5 Knowledge of skill and movement principles in physical activity

1. Identify and apply the concepts of spatial awareness, body awareness, relationships, and effort qualities as they relate to movement forms.
2. Identify the fundamental movement patterns, including locomotor, nonlocomotor, and manipulative skills, as applied to movement forms.
3. Identify sequentially progressive activities that promote the acquisition of psychomotor, cognitive, and affective skills.
4. Identify appropriate cues, prompts, and strategies for teaching motor skills.
5. Apply mechanical principles of motion to movement forms.
6. Identify strategies to develop correct skill performance.
7. Analyze the mechanics of a skill or sequence of movements and identify ways in which the performer can improve the performance.
8. Identify how components of skill-related fitness affect performance.

6 Knowledge of health and wellness and its relationship to physical activity

1. Analyze health-related components of physical fitness.
2. Interpret data from physical fitness assessments for diagnosis and prescription.
3. Identify personal fitness programs that incorporate health-related components.
4. Identify components of nutrition.
5. Demonstrate knowledge of the relationship of nutrition and exercise in meeting the health needs of all students.
6. Identify health risks that can be reduced by physical activity.

7. Apply basic training principles and guidelines to improve physical fitness.
8. Identify exercises that benefit the major muscle groups of the body.
9. Identify how the structure and function of the human body adapt to physical activity.
10. Identify the physiological, psychological, and sociological benefits of physical activity.
11. Identify the contributions that physical education makes to lifelong physical activity and wellness.
12. Identify community resources that promote lifelong physical activity and wellness.

7 Knowledge of principles of social and emotional development through physical activity

1. Identify the role physical activity can play in developing an understanding of diversity and cultural differences among people.
2. Identify the role physical activity plays in developing affective skills.

8 Knowledge of developmentally appropriate assessment

1. Identify assessment techniques, including authentic and traditional methods, for appropriate use within the cognitive domain.
2. Identify assessment techniques, including authentic and traditional methods, for appropriate use within the affective domain.
3. Identify assessment techniques, including authentic and traditional methods, for appropriate use within the psychomotor domain.
4. Select appropriate assessment strategies for curriculum design, lesson planning, student prescription, and program evaluation.
5. Interpret results of assessment for curriculum design, lesson planning, student prescription, and program evaluation.
6. Select methods of assessment appropriate for an inclusive environment.

9 Knowledge of supervision, management, and laws and legislation that apply to the learning environment

1. Identify procedures for selecting and maintaining appropriate equipment and facilities to enhance student learning.
2. Identify organizational strategies that enhance classroom management.

3. Identify supervisory and behavioral management techniques that enhance student learning.
4. Determine appropriate action for the care and prevention of injuries in physical education.
5. Identify major federal and state legislation that impacts physical education.
6. Identify areas of legal liability applicable to physical education.
7. Identify guidelines and actions that promote safety.

10 Knowledge of appropriate rules, strategies, and terminology

1. Apply appropriate rules and strategies of play to game and sport situations.
2. Identify terminology for various physical education activities.

11 Knowledge of professional development and advocacy strategies

1. Identify physical education professional organizations and activities that promote professional development.
2. Identify current professional literature, research, and other sources of information that enhance professional growth.
3. Identify ways to advocate the goals, objectives, and values of a comprehensive physical education program.

12 Knowledge of technology

1. Identify current technological resources for accessing information on physical activity and health.
2. Identify appropriate uses of technology in the instructional process.